



## Aquatic Center Schedule

### July 2026

| Monday                                                                                                      | Tuesday                                                                               | Wednesday                                                                                                   | Thursday                                                                   | Friday                                                                                                      | Saturday                                                                               | Sunday                                                                                 |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 5:30a-7:00a<br>Adult Lap Swim ONLY<br>(NO open swim)                                                        | 5:30a-7:00a<br>Adult Lap Swim ONLY<br>(NO open swim)                                  | 5:30a-7:00a<br>Adult Lap Swim ONLY<br>(NO open swim)                                                        | 5:30a-7:00a<br>Adult Lap Swim ONLY<br>(NO open swim)                       | 5:30a-7:00a<br>Adult Lap Swim ONLY<br>(NO open swim)                                                        | 7:00a-11:00a<br>Adult Lap Swim &<br>Adult Open Swim                                    | 8:00a-11:00a<br>Adult Lap Swim &<br>Adult Open Swim                                    |
| 7:00a-8:30a<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 7:00a-8:30a<br>Adult Lap Swim &<br>Adult Open Swim                                    | 7:00a-8:00a<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 7:00a-9:45a<br>Adult Lap Swim &<br>Adult Open Swim                         | 7:00a-8:30a<br>Adult Lap Swim &<br>Adult Open Swim                                                          | Aqua Bootcamp<br>Next class: Aug 22                                                    |                                                                                        |
|                                                                                                             |                                                                                       | 8:00a-8:30a<br>Water Walking<br>(Lap pool closed)                                                           |                                                                            |                                                                                                             |                                                                                        |                                                                                        |
| 8:30a-9:45a<br>Morning Splash<br>(Marla)<br>7/27 – Morning splash<br>cancelled – Water<br>Walking available | 8:30a-9:45a<br>Deep Water Aerobics<br>(Laura)                                         | 8:30a-9:45a<br>Morning Splash<br>(Marla)<br>7/29 – Morning splash<br>cancelled – Water Walking<br>available |                                                                            | 8:30a-9:45a<br>Morning Splash<br>(Marla)<br>7/31 – Morning splash<br>cancelled – Water<br>Walking available |                                                                                        |                                                                                        |
| 9:45a-11:30a<br>Adult Open Swim<br>ONLY<br>(NO lap swim)                                                    | 9:45a-11:30a<br>Adult Open Swim<br>ONLY<br>(NO lap swim)                              | 9:45a-11:30a<br>Adult Open Swim ONLY<br>(NO lap swim)                                                       | 9:45a-11:30a<br>Adult Open Swim<br>ONLY<br>(NO lap swim)                   | 9:45a-11:30a<br>Adult Open Swim<br>ONLY<br>(NO lap swim)                                                    |                                                                                        |                                                                                        |
| 11:30a-1:00p<br>Adult Lap Swim ONLY<br>(NO open swim)                                                       | 11:30a-1:00p<br>Adult Lap Swim ONLY<br>(NO open swim)                                 | 11:30a-1:00p<br>Adult Lap Swim ONLY<br>(NO open swim)                                                       | 11:30a-1:00p<br>Adult Lap Swim ONLY<br>(NO open swim)                      | 11:30a-1:00p<br>Adult Lap Swim<br>ONLY<br>(NO open swim)                                                    | 11:00a-2:00p<br>Water Park Open<br>For All Ages<br>Please Check Water<br>Park Schedule | 11:00a-2:00p<br>Water Park Open<br>For All Ages<br>Please Check Water<br>Park Schedule |
| 1:00p-5:40p<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 1:00p-4:30p<br>Adult Lap Swim &<br>Adult Open Swim                                    | 1:00p-5:30p<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 1:00p-4:30p<br>Adult Lap Swim &<br>Adult Open Swim                         | 1:00p-5:00p<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 2:00p-6:30p<br>Adult Lap Swim &<br>Adult Open Swim                                     | 2:00p-5:30p<br>Adult Lap Swim &<br>Adult Open Swim                                     |
| 5:40p-6:40p<br>Aqua Zumba<br>(Angie)                                                                        | 4:30p-5:30p<br>Water Aerobics<br>(Carol)                                              |                                                                                                             | 4:30p-5:30p (Carol)<br>Water Aerobics<br>5:40p-6:40p (Angie)<br>Aqua Zumba |                                                                                                             |                                                                                        |                                                                                        |
| 6:40p-7:10p<br>Water Walking<br>(Lap pool closed)                                                           |                                                                                       |                                                                                                             | 6:40p-8:30p<br>Adult Lap Swim &<br>Adult Open Swim                         | 5:00p-5:30p<br>Water Walking<br>(Lap pool closed)                                                           |                                                                                        |                                                                                        |
| 7:10p-8:30p<br>Adult Lap Swim &<br>Adult Open Swim                                                          | 5:30p-8:30p<br>Water Park Open<br>For All Ages<br>Please Check Water<br>Park Schedule | 5:30p-8:30p<br>Water Park Open<br>For All Ages<br>Please Check Water<br>Park Schedule                       |                                                                            | 5:30p-8:30p<br>Water Park Open<br>For All Ages<br>Please Check Water<br>Park Schedule                       |                                                                                        |                                                                                        |

**Adult Open/Lap Swim: Must be 18+ years of age.**

\*Lap swimmers and Adult Open Swim time can use their own swimming/flotation devices but must not leave them at the LCC.

\*Lift chair access to the pool is available.

**\*Lap swim time is designated for organized swimming up and down the length of the pool repeatedly.**

**\*Adult open swim time allows you to walk, float, play and swim.**

LCC Phone Number: 715-670-0790



# Water Park/Open Swim For All Ages

## Lifeguards On Duty

### July 2026

| Monday                            | Tuesday                                        | Wednesday                                      | Thursday                          | Friday                                         | Saturday                                        | Sunday                                          |
|-----------------------------------|------------------------------------------------|------------------------------------------------|-----------------------------------|------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
|                                   |                                                | <b>1</b><br>Water Park<br>Open<br>5:30p-8:30p  | <b>2</b><br>Water Park<br>CLOSED  | <b>3</b><br>Water Park<br>Open<br>5:30p-8:30p  | <b>4</b><br>Water Park<br>CLOSED                | <b>5</b><br>Water Park<br>Open<br>11:00a-2:00p  |
| <b>6</b><br>Water Park<br>CLOSED  | <b>7</b><br>Water Park<br>Open<br>5:30p-8:30p  | <b>8</b><br>Water Park<br>Open<br>5:30p-8:30p  | <b>9</b><br>Water Park<br>CLOSED  | <b>10</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>11</b><br>Water Park<br>Open<br>11:00a-2:00p | <b>12</b><br>Water Park<br>Open<br>11:00a-2:00p |
| <b>13</b><br>Water Park<br>CLOSED | <b>14</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>15</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>16</b><br>Water Park<br>CLOSED | <b>17</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>18</b><br>Water Park<br>Open<br>11:00a-2:00p | <b>19</b><br>Water Park<br>Open<br>11:00a-2:00p |
| <b>20</b><br>Water Park<br>CLOSED | <b>21</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>22</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>23</b><br>Water Park<br>CLOSED | <b>24</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>25</b><br>Water Park<br>Open<br>11:00a-2:00p | <b>26</b><br>Water Park<br>Open<br>11:00a-2:00p |
| <b>27</b><br>Water Park<br>CLOSED | <b>28</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>29</b><br>Water Park<br>Open<br>5:30p-8:30p | <b>30</b><br>Water Park<br>CLOSED | <b>31</b><br>Water Park<br>Open<br>5:30p-8:30p |                                                 |                                                 |

### **Water Park/Open Swim for All Ages:**

\*Under the age of 12 must be supervised by an adult within the pool area (on pool deck or in water).

Basketball & Volleyballs are only available while lifeguards are on duty.

\*\*June – August Water Park Weekend Hours: 11:00a-2:00p

\*\*September – May Water Park Weekend Hours: 11:00a-3:00p

Steam Room is open daily from opening to 30 minutes before closing.